

# DINNERLY



## Balanced Smoked Salmon and Grain Salad with Apple and Beetroot



25 minutes



2 Servings

Looking for a stunner of a summer salad? Simply toss smoked salmon with protein-rich quinoa, earthy beetroot and refreshing mint and apple – it's quick, healthy and delicious!



## WHAT WE SEND

- 125g quinoa
- mint
- 100g smoked salmon slices <sup>4</sup>
- 200g beetroot
- 1 granny smith apple
- 50g rocket leaves

## WHAT YOU NEED

- 1 tbs olive oil
- 1 tbs red wine vinegar <sup>17</sup>
- 2 tsp dijon mustard <sup>17</sup>
- 2 tsp honey
- ½ tsp chilli flakes (optional)

## TOOLS

- sieve
- small saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Fish (4), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 555kcal, Fat 18.3g, Carbs 70.6g, Proteins 23.7g



### 1. Cook quinoa

Put the **quinoa** in a sieve, then rinse well and drain. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer. Reduce the heat to low and cook, covered, for 12-15 mins until the water is absorbed and the quinoa is tender (see Make it yours). Turn off the heat and stand, covered, for 5 mins.



### 2. Marinate salmon

Meanwhile, reserve a few small leaves, then coarsely chop the **mint**, discarding the stems. Tear or cut the **smoked salmon** into smaller pieces. Put in a bowl with the **chopped mint**.



### 3. Prep beetroot and apple

Peel the **beetroot** and thinly slice. Stack the slices, then cut into matchsticks. Quarter the **apple**, remove the core, then thinly slice. Stack the slices and cut into matchsticks.



### 4. Make dressing

Put **1 tbs olive oil**, **1 tbs red wine vinegar**, **2 tsp dijon mustard**, **2 tsp honey**, **1 tbs water** and **½ tsp chilli flakes**, if using, in a large bowl and whisk until combined. Taste, then season with **salt and pepper**.



### 5. Serve up

Add the **quinoa**, **beetroot**, **apple**, **rocket** and **reserved mint** to the dressing and toss to coat. Divide the **salad** among bowls and top with the **minty salmon**. Enjoy!



### 6. Make it yours

This salad is crunchy and fresh, but if the raw beetroot is too much for you, add half or all of it to the quinoa for the last 3 mins of cooking time in Step 1.